

**NACC Groton Health
Promotion Department**

JULY Offerings Sun Safety Month

Phone:
860.694.3104
Fax: 860.694.5585

Educational Services Offered:

- * Weight Management
- * Healthy Heart
- * Blood Pressure
- * Diabetes
- * Walking Group
- * General Nutrition
- * Tobacco Cessation

By Appointment

- * Game Plan (Lifestyle Modification Program)
 - * Glucometer Education
- Contact: 694-2379

Active Duty Only:

- * Ship Shape
- * Weight Management
- * General Military Training

Tobacco Cessation	6, 13, 20, 27 July	0930-1100 (H.P.)
Walking Group	Mondays 0900	Subase Ball Field
PreDiabetes/Nutrition	13 July	1400-1530 (H.P.)
Healthy Heart Class/BP	5, 12, 19, 26 July	1400-1500 (H.P.)
AD Weight Management	3, 10, 17, 24, 31 July	1130-1230 (H.P.)
DEP Weight Management	7, 28 July	1000-1100 (H.P.)
	14, 21 July	1400-1500 (H.P.)
GAMEPLAN (Lifestyle Modification for better health; weight loss)	By Appointment	Ongoing
Unit Specific GMT	By Appointment	Ongoing
ShipShape (AD Only)	By Appointment	Ongoing
Glucometer Class (HP)		?? July 0900-1000 ?? July 1400-1500
Diabetes Education (HP)		18 July 1400-1600

**Protect Yourself from the sun by wearing
Sunglasses
Hat
Sunscreen**



